

# TIPS TO BEAT THE HEAT THIS SUMMER

After a long and tough winter, summer is finally here! What better ways to enjoy the sun and warm weather than with a dip in the pool, a baseball game or neighborhood BBQ. And while summer is a great time to sit back and enjoy the weather, heat hazards can turn a picnic into a panic.

Heat can be harmful because it pushes the human body beyond its limits. In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature. It's important to always be prepared, so that the only heat you're feeling is off the grill!

Here are some simple tips for beating the heat, whether inside or outside your home:

- Check air-conditioning ducts for proper insulation.
- Cover windows that receive morning or afternoon sun with drapes or awnings.
- Stay indoors as much as possible and limit exposure to the sun.
- Drink plenty of water, even if you aren't feeling thirsty.
- Limit intake of alcoholic beverages.
- Dress in loose-fitting, lightweight and light-colored clothes that cover as much skin as possible. Avoid dark colors because they absorb the sun's rays.
- Avoid strenuous activity during the warmest part of the day. Use a buddy system when working in extreme heat and take frequent breaks.
- Protect face and head by wearing a wide-brimmed hat.
- Check on family, friends and neighbors who do not have air conditioning and who spend much of their time alone.
- Check on your animals frequently to ensure they are not suffering from the heat. Make sure your pets have plenty of cool water and are kept in a cool and well ventilated area. The most humane thing to do is bring them indoors with you.